

THE SHAMROCK COOK BOOK

"Cookery means the knowledge of Medicine, and of Cures, and of Hales, and of the Queen of Health. It means the knowledge of all herbs and fruits and barks and spices, and all that is healing and sweet in the fields and groves, and surgery is meat. It means carelessness and inventiveness and willingness and readiness of application. It means the sorcery of your grandmothers, and the science of the modern chemist; it means much testing and no waiting; it means English thoroughness and French art and American hospitality; and in fine, it means that you are to be perfectly and always believe-ing givers."—

Ruskin.

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P. BURNS & COMPANY, LIMITED
Calgary, Edmonton, Vancouver

Note Specially:

THESE REQUESTED.

1. Correct measurements are necessary to insure successful results in cooking.

2. Flour, meal, powdered sugar, and soda should be sifted before measuring. Mustard and baking powder often settle in the cans and therefore should be stirred up to lighten. All these should be put into the measure with a scoop or spoon and not packed hard.

3. All materials are to be measured level, the leveling to be done with a case-knife. To measure butter or lard pack it solidly into the cup or spoon and make level with a knife. To measure a spoonful of any dry substance, dip the spoon into the substance till it, lift it, and level it with a knife. For half a spoonful divide the spoon lengthwise.

4. A cupful of a liquid is all the cup can hold. A tea or tablespoonful of a liquid is all the spoon can hold.

Abbreviations.	Equivalents.
tap=teaspoon	3 tap=1 Tbsp.
Tbsp=tablespoon	16 Tbsp=1 C.
C=cup	4 C=1 qt.
pt=pint	
qt=quart	
oz=ounce	
lb=pound	
min=minute	
hr=hour	

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"Nothing lovelier can be found in women than to study household good."—Paradise Lost.

Introduction

THIS little booklet is presented to the public in the hope that the recipes it contains may be found useful. It has been compiled with the assistance of a lady holding a First Class Diploma of Cookery (Board of Education, London, England) and the Diploma of the Royal Sanitary Institute (London, England). Each recipe is a thoroughly tested one, and all will be found economical. Any enquiries relating to the information in the book, addressed to "Cook" Box No. 1479, Calgary, and accompanied by a stamped addressed envelope, will receive immediate attention.

The chief ingredients of each recipe are one or more of the products of our Calgary, Edmonton and Vancouver Packing Houses. Better are not produced. When our name or brand appears on an article of food we place behind it all the skill and knowledge available and the most scientifically equipped packing houses of Western Canada. You are welcome to visit them any week day by arrangement.

At our various stores you will receive the best of attention. Let us help you in developing the art of good cooking by furnishing the material worth cooking.

P. BURNS & CO. LTD.,
Calgary, Edmonton and Vancouver, B.C.

"Let not things because they are common, enjoy the less
share of your consideration."—Pope.

Soups

ECONOMICAL BROWN STOCK.

Bones and Trimmings of meat

$\frac{1}{2}$ lb. shin of beef

1 small turnip

2 onions

Salt

1 carrot

Pepper

Bouquet of herbs:

1 sprig parsley

1 bay leaf

$\frac{1}{2}$ teaspoon thyme

Celery (if liked)

Method: Place bones and meat in pan (latter cut up small), with enough water to cover. Bring to boil and skim. Simmer two hours. Slice the onions and fry them in the dripping. Add these, with the vegetables and flavourings to the stock. Simmer three hours longer. Strain. When cold remove fat.

It is a mistake to consider that you can only get good meat by ordering expensive cuts. Try care and cooking on the cheaper grades and save money.

BEAN SOUP.

3 pints meat stock

1 pint small white beans (soaked over night)

1 pint chopped raw potatoes

Salt and pepper to taste

Method: Put all ingredients into a pan, boil slowly for five hours. Press through a sieve or colander, and thicken with a little flour or corn flour. Bring to boiling point and boil for five minutes.

We give the small purchaser the same attention as the large buyer.

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PEA SOUP.

1 quart split peas (soaked over night)

Put over the fire in four quarts cold water; add one finely chopped onion, and one pound salt pork. Boil four hours.

Binding: Ten minutes before serving add 1 tablespoon flour mixed smooth with 1 tablespoon Shamrock butter, or the same quantity of fat from Shamrock bacon. Turn into soup tureen over cubes of hot toast.

Burns

The good red beef of Alberta—first cousin to "the Rare Roast Beef of Old England," is, after all, our great specialty.

MEAT AND POTATO PIE.

$\frac{1}{2}$ lb. stewing beef

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ lb. parboiled potatoes

$\frac{1}{2}$ teaspoon pepper

1 onion

Water

Short pastry

Method: Cut the meat in small pieces and half fill a pie dish with it. Add the onion (cut in slices) also a little water and the salt and pepper. Cover and cook in a moderately hot oven for $1\frac{1}{2}$ hours. Then allow to cool. Cut the potatoes in slices and put on the top. Cover with a lid of short pastry and bake in a hot oven for $\frac{1}{2}$ an hour. Serve hot.

SHORT PASTRY.

$\frac{1}{2}$ lb. flour

1 teaspoon baking powder

Cold water

3 tablespoons Shamrock lard or butter

$\frac{1}{2}$ teaspoon salt

Method: First cut and then rub the lard or butter evenly into the flour. Add the dry ingredients and mix to a stiff paste with the water. Roll out once only and use at once.

"Economy is of itself a great revenue."—Cleora.

STEAK AND KIDNEY PUDDING.

1 lb. stewing steak
½ lb. ox kidney or 2 sheep's kidneys
½ teaspoon salt
½ teaspoon pepper
Water or stock
Suet pastry

Method: Line a pint basin with suet pastry. Cut the meat into small pieces, and arrange in the basin in layers, sprinkling salt and pepper between each layer. Add a little stock or water. Wet the edges of the pastry and cover with a lid of the latter. Trim edges neatly. Cover with a greased paper and steam for three or four hours. Turn out on a hot dish, make a small hole at the top, and pour in hot seasoned stock.

It will surprise you to know how much there is to choose from in one of our markets. Ask the manager for his suggestions.

SUET PASTRY.

½ lb. flour
½ teaspoon salt
Cold water
3 tablespoons finely chopped suet
1 teaspoon Baking Powder

Method: Mix all dry ingredients together, then add sufficient water to make an elastic paste. Use as required.

We can furnish you with meats all ready to use—Roast Beef among others—when time presses.

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MEAT PUPPS.

1 lb. meat, which has been previously cooked, chopped fine, pepper, salt and butter to season well. Moisten slightly with a little stock or water. Make a nice biscuit pastry (same as No. 1), roll thin and cut into round cakes, or line patty pans with the pastry. Fill with the meat mixture, cover and bake a golden brown. Serve hot.

In some puddings you can use suet to good advantage. We sell it chopped if so desired.

BEEF LOAF.

2½ lbs. of Burns' beef or veal, minced fine and uncooked

4 crackers, or bread crumbs, crushed fine

1 egg, 1 cup of milk, butter (Shamrock preferably) the size of an egg.

1 large teaspoon salt, ½ teaspoonful pepper

If veal is used a little sage adds to the flavor.

Method: Mix all well together in the form of a loaf, place in bread tin, dust with cracker crumbs, place small pieces of Shamrock butter on top, bake two hours, basting often.

BEEF LOAF:

2½ lbs. of brisket or stewing beef

4 crackers or a few bread crumbs

1 egg

1 cup milk

Shamrock butter the size of an egg

1 large teaspoon salt

1 half teaspoon pepper

A little sage (if liked)

Method: Put the meat and crackers through the mincing machine, add seasoning and mix well. Add the beaten egg and milk. Press the mixture into a bread tin, dust with cracker crumbs and place small pieces of butter on the top. Bake in a moderate oven for about two hours, basting often. Serve hot or cold.

"What say you to a piece of beef and mustard."—*Taming of the Shrew.*

VEAL LOAF.

Chop $1\frac{1}{2}$ lbs. of veal (raw) $\frac{1}{2}$ lb. salt pork
1 cup of dry fine breadcrumbs
1 tablespoon of grated onion 1 teaspoon of salt
 $\frac{1}{2}$ teaspoon of pepper
 $\frac{1}{2}$ teaspoon of sage
 $\frac{1}{2}$ teaspoon of Allspice and a little nutmeg
2 Shamrock eggs raw

Method: Mix well, press in a bread tin, turn out on buttered paper. Brush with egg, roll in crumbs. Bake very slowly about 1 hour, basting often with water and butter, have water in pan for first hour. Make gravy from drippings and serve.

The busy housekeepers will find our own veal loaf excellent. Ask our delicatessen departments.

ROAST BEEF.

4 lbs. sirloin beef Salt, pepper and flour

Method: Wipe meat, rub with flour and sprinkle with pepper. Put salt in edge of pan. Bake in self-basting pan and hot oven for the first 15 minutes, then a slower fire for $1\frac{1}{2}$ hours. Turn over once. If the beef is bought from the stores of F. Burns', this roast will be most delicious.

POT ROAST.

Take 5 or 6 pounds (not too fat) of prime beef. Wash and put in a pot with a small quantity of water. Set over a slow fire. After it has boiled an hour salt and pepper it. Then stew slowly till tender. When tender take the meat out and pour the gravy in a bowl. Put a lump of butter in the pot, dredge the meat with flour, return to the pot to brown turning often to prevent burning. Pour the gravy back, wet a spoonful of flour in cold water and stir into the gravy, let it boil a few minutes and serve.

F. BURNS & CO., LIMITED - Calgary and Edmonton

"True economy does not consist in going without, but in using what one has in such a manner as to secure the most from it."

LIVER AND BACON.

Slice 1 lb. of liver and let it remain in cold salt and water one hour, take out, dry, and roll in flour. Fry four thin slices of Shamrock breakfast bacon crisp. Remove bacon to hot dish, place liver in pan. Fry carefully about 10 minutes. Place on dish with bacon. Add 1 tablespoon flour to fat in pan, and mix smooth with a very little water or milk. Add salt and pepper and cook till smooth. Pour over the meat.

Calves Liver makes an appetizing dish. We are specially situated for furnishing this—also Beef Livers and Tongues.

BEEF ROLL.

- 2 pounds of chopped beef
- 1 cup of rolled crackers
- 1 cup of sweet milk
- 1 egg
- Salt and pepper

Method: Mix thoroughly and make it in a roll. Pour 2 cups of boiling water over it. Bake about two hours in a moderate oven.

Don't forget the Government Inspection on all our meats. It insures your family health.

STEWED LAMB CHOPS.

Cut 2 pounds of chops from a loin of lamb, trim and put on to stew in just enough water to come around, but not over them. Remove the scum as it rises and keep well covered. When very tender, season with salt and pepper and thicken with a tablespoonful each of flour and butter rubbed together. Have ready on a platter a few slices of buttered evenly browned toast, lay the pieces of meat on the toast and pour the gravy over all.

"To return to our mittens,"—Rabala's.

Shamrock Brand on anything we sell spells quality—the best.

BREADED LAMB CHOPS.

Have the chops nicely trimmed, leaving a bit of bone bare at the ends; season nicely with salt and pepper; dip each one first in beaten egg, then in bread or cracker crumbs, and fry to a delicate brown in hot lard. These make a very pretty lunch dish if laid around a little mould of mashed and browned potatoes. A garnish of curled parsley adds to the effect.

The lighter meats can be obtained from us better than from any others. We have our own herds and flocks.

IRISH STEW.

- 1 lb. neck mutton
- 2 large onions
- 2 lbs. potatoes
- 1 tablespoon flour
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ pint water, or stock
- 1 tablespoon dripping

Method: Melt the dripping in a stew pan. Cut the onion in slices and fry to a light brown. Remove from the pan. Cut the meat into chops and fry on each side. Put aside with the onions. Add the flour and water and mix smoothly. Stir until it boils. Then put back the meat and onions into the pan and cook gently for one hour. Peel the potatoes and cut in thick slices. Add to the stew and cook all for one hour longer. Season with salt and pepper and serve hot.

"Waste not—want not."—Old Adage.

BOILED HAM

1 Ham (14 lbs.)

Saw off the knuckle-bone and soak the ham for 12 hours in cold water. Scrape well and trim off any surplus fat. Put it on a cloth skin side upwards, and tie the corners of the cloth together on the top. Put it in fresh cold water, bring to boiling point, skim. Cook gently for 3 hours. Leave it in the water until nearly cold. Take it out, remove the cloth and the skin. Sprinkle well with freshly-made response. When quite cold put a frill round the knuckle end and garnish with parsley.

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The larger hams are more suitable for boiling. But you may save trouble by buying boiled and sliced ham at any of our stores.

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HAM CROQUETTES.

Chop one pound cooked ham very fine, season with pepper and mustard, flour the hands and make the meat into small balls, dip in beaten egg, roll in cracker crumbs and fry brown in hot Shamrock lard.

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The last word in curing has been said in the production of Shamrock Hams. Ask your own grocer for them.

MEAT CROQUETTES.

Take any kind of cold meat, chop fine, have one-third meat and two-thirds boiled rice, a little onion to flavor, moisten with stock, season with Bonalebrook butter, pepper and salt, roll in small oblong rolls, dip in beaten egg, roll in cracker crumbs, fry in hot lard till brown.

"One fat shrewd possessor more sublime
Than all the airy castles built by rhyme" — Peter Plafar.

No more modern meat market is operated on the American Continent than ours at the corner of Eighth Avenue and 2nd Street East, Calgary.

TOAD IN THE HOLE.

Place 6 cooked Shamrock Brand sausages in a pie dish, over which pour the following batter

1 teacup flour

1 teaspoon baking powder

1 egg—pepper and salt

Method Mix all together with milk to the consistency of thick cream. Pour over sausages and bake in a quick oven for twenty minutes.

The utmost care is taken in making our sausage—the kitchen is a model of cleanliness—all meat is Government Inspected meat.

DELICIOUS BACON.

Thin slices of Shamrock Brand Bacon (from which the rind has been removed), place closely together in a fine wire broiler. Place broiler over dripping pan and bake in hot oven (turning once) until crisp and brown. Drain on brown paper.

While we always recommend Shamrock Bacon to the purchaser—nothing finer is attainable—you will be well served also when you get Dominion Brand.

"Unless some sweetness at the bottom lie
Who cares for all the cracking of the pie?"

—W. King

RAISED PORK PIES

3½ lbs. pie meat (¾ fat)

½ oz. salt

½ oz. pepper

1 teaspoon mixed herbs

Crust

1½ lbs. flour

¾ lb. lard and butter mixed

(nearly) ½ pint milk and water

Method Beat the lard, butter, milk and water together. Stir into the flour, adding a little salt. Knead until smooth and then allow to cool and begin to rise. Fill with the meat mixture and cover with the crust. When finished, glaze over with beaten egg. Allow to stand until quite firm. Bake in a fairly quick oven until set, and more slowly afterwards, for 2 hours. When cool, fill with stock to which a little gelatine has been added.

Our own Pork Pies are very delicious and you can now buy Roast Pork Shoulders, Loin and Legs also. No longer is cooking confined entirely to the household.

SAUSAGE ROLLS

1 lb. Sausage meat

1 lb. flaky pastry

Method Roll flaky pastry into a square shape. Cut into pieces four inches square. Place a portion of the meat on half of each, wet edges, and fold over. Brush with beaten egg and bake in a quick oven for about half an hour. Serve cold.

Our Pork can be used in many forms.—Cut from grain fed Alberta hogs it is a choice home-grown product.

"Does so uncommonly better,"—*Ingalls*

FLAKY PASTRY

1 lb. flour
10 oz lard and butter mixed
A little lemon juice
½ teaspoon salt
Cold water

Method Squeeze a little lemon juice into the water. Divide the shortening into four equal parts. Rub one into the flour and mix to an elastic paste with the water. Roll out in a long strip. Take another portion of shortening cut in small pieces, place over 1-3 of the pastry. Flour well, fold in three (parallel shape) and roll up. Repeat this twice more. Then put away in a cool place for at least ½ hour. Roll out again and use as required.

Our chickens and fowl are all Alberta bred, and are specially fattened by us. Their quality is excellent.

FRUSTRATED CHICKEN

Boil 1 of the plump Shamrock Brand chickens till tender. Bone and pull to pieces in flakes, season with better pepper and salt then pour into it the broth in which it was boiled and mix well together. Put it into a pan and press. A fancy shaped mold improves the shape when turned out.

Careful gridding is the special feature of our Poultry Department. You can depend on getting what you order.

CHICKEN PIE

Boil a Shamrock Brand chicken till tender season with salt and pepper. Make a good blacuit crust. Take a quart basin put in the chicken free from bones, also the broth of the chicken and a piece of butter. cover with the pastry making a rat in the centre. The back bone in the centre will keep up the crust.

"The turnpike road to people's hearts I find,
Lies through their mouths—or I mistake mankind."

FRIED CHICKEN.

Wash and cut up one of Shamrock Brand milk fed broilers, wipe it dry, season with salt and pepper, dredge it with flour and dip each piece in beaten egg and then in cracker crumbs. Have in a fryingpan some sauce of Bonnacbrook butter and Shamrock lard, made boiling hot. Lay in the chicken and fry brown on both sides. Take up, drain and set aside in a covered dish. Stir into the gravy left a large tablespoonful of flour, make it smooth, add a cup of cream or milk, season with salt and pepper. Boil up, pour over the chicken. Serve hot.

Take our Store Managers into your confidence. When you wish some ingredients not on the counter ask their co-operation in getting them.

BISCUIT CRUST.

1 cup flour
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tbsap lard
 $\frac{1}{2}$ tbsap butter
 $\frac{1}{2}$ cup milk and water

Method Mix dry ingredients and sift twice. Rub in butter and lard with finger tips. Add liquid gradually, mixing with a knife to a soft dough. Roll out to fit the top of pan and press neatly at edges. Bake 20 minutes in hot oven.

Our policy of fattening on milk and grain produces especially fine broilers. Nothing better than the Shamrock Brand is obtainable.

P. BURNS & CO., LIMITED - Calgary and Edmonton

"I'm quite ashamed—"tis mighty rude
To eat so much—but 't's so good."

The Burns' way is proverbial—it is the right way.

ROAST TURKEY

Select a Burns' turkey weighing from ten to fifteen pounds. Singe, draw and clean well. In cutting the turkey to remove the crop, cut the skin on the back of the neck, take out the crop, cut the neck close. In this cavity, put a small portion of the dressing saw up neatly. Put the remaining portion of dressing in the body. Truss the turkey put the fat taken from the inside of the turkey over the legs and wings. Have a hot oven to start with. Roast ten minutes to the pound, basting often.

DRESSING.

3 Tbsp bread crumbs
2 Tbsp suet (chopped)
1 tsp ham (chopped)
2 tsp parsley (chopped)
1 tsp mixed herbs
½ tsp grated lemon rind
Pinch of nutmeg
½ tsp salt
½ tsp pepper
1 yolk of egg

Method Mix all dry ingredients together and moisten with the egg

Time was when nearly all Alberta consumed turkeys were imported. All that is changed. The Alberta turkey makes a royal dish—particularly when it has come through our fattening stations.

CHEESE PUDDING.

3 oz. grated cheese

1 oz. flour

1 oz. butter, Shamrock Brand

$\frac{1}{2}$ pint milk 2 eggs, Shamrock Brand

Seasoning

Method Mix the flour smoothly with the milk.

Add cheese, beaten eggs, seasoning and the butter in small pieces. Turn into a greased pie dish and bake about half an hour in a moderate oven. Serve immediately

Cheese is one of our special importations—the toothsome and substantial Ontario—as well as those of the fancy names.

CURRIED EGGS.

3 hard boiled Shamrock eggs

1 onion

$\frac{1}{2}$ pint milk

1 teaspoon curry powder

2 tablespoons grated coconut

1 tablespoon flour

1 sour apple

1 oz. butter

Lemon juice

Salt

3 oz. Painsa rice (for border)

Method Peel the onion and apple, mince finely. Melt butter, add apple, onion and curry powder, and fry for 10 minutes without discoloring. Mix in flour smoothly and add milk. Stir until it boils and simmer 20 minutes. Cut two of the eggs in halves, and place them in the sauce to become hot. Dish inside a border of boiled rice, and use the other egg for garnishing.

When it comes to Shamrock Eggs you obtain the choicest of Alberta selections, graded with the utmost care.

"The dish is too good for any but anglers or very honest men." Isaac Walton.

Fish

SALMON LOAF.

1 lb. salmon from the F. Burns Markets cooked and broken up with a fork or—

One can of salmon (all bones removed)

$\frac{1}{2}$ cup of bread crumbs

2 eggs, Shamrock Brand

1 tablespoon of lemon juice

1 tablespoon butter

1 teaspoon salt

Method Mix altogether, put in an egate bowl, tie a cloth over it and boil two hours.

Fish, from either ocean, is one of our great specialties.

SALMON LOAF.

2 lbs. salmon from the Burns' Markets

$\frac{1}{2}$ cup soft butter, Shamrock Brand

4 eggs, Shamrock Brand and well beaten

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ cup bread crumbs

1 tablespoon parsley chopped fine

$\frac{1}{2}$ teaspoon pepper

Boil the salmon and break up fine, then mix in all other ingredients and stir well. Put in buttered mold and steam 3 hours. Serve with white sauce.

Our markets supply most of the articles you find mentioned throughout this book.

"With fishing tackle all complete
He stands beneath the swelling skie
Then sits upon a rocky seat,
And sits and stares and then he lies"—Judge

BAKED, STUFFED WHITEFISH.

- 1 lb. whitefish from the Burns' Markets
- 1 lb. bread crumbs
- 2 ons chopped meat
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon mixed herbs
- A little grated lemon rind
- 1 egg Shamrock Brand.

Method. Clean, wash and dry the fish, and remove the scales and fins. Make a force meat of all the other ingredients and mix together with the egg. Place it inside the fish and press the edges well together. Put in a greased baking tin, cover with a greased paper, and bake in a moderately hot oven for $\frac{2}{3}$ of an hour. Serve with parsley sauce.

Nothing more delicious than our native Whitefish but we have everything in season.

FISH BALLS.

- 1 cup salt cod fish
- 2 cups potatoes, heaping
- $\frac{1}{2}$ tablespoon butter
- $\frac{1}{2}$ teaspoon pepper
- 1 egg, Shamrock Brand

Method. Wash cod fish in cold water and cut in small pieces. Cut and pare the potatoes and cut in pieces before measuring. Boil fish and potatoes together in boiling water (enough to cover) till thoroughly soft. Drain and mash well. Add butter, pepper and well beaten egg. Beat well together form into balls and fry in deep Shamrock lard.

Consult our manager about the selection for Friday. We carry the widest range in the West.

"If you would make good cake,
Let patience fill a measure full,
Beat crumbie with unsparring hand,
And strain thru all, Oull,
Many a grain of common sense."

ESCALLOPED SALMON

- 1 lb. cold boiled salmon
- 1 tsp salt
- $\frac{1}{2}$ tsp cayenne pepper
- 2 tbsp Shamrock butter
- 4 rolled soda biscuits

Method Remove skin and bones from salmon and shred. Place layer of fish in pudding dish and sprinkle with salt and pepper. Melt lumps of butter and biscuit crumbs. Repeat and have the crumbs on top. Add just enough milk to cover and bake 30 minutes.

There are more varieties of fish available than Salmon and Halibut. Ask for prices on the many delicious varieties—cured and pickled.

Cakes

LIGHT CAKE

- 1 cup sugar
- 2 tablespoons Shamrock butter
- 2 eggs, (beaten light)
- 1 cup milk 1 $\frac{1}{2}$ cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla

Method Cream butter and sugar together. Add the eggs and milk, then all the dry ingredients, beating well all the time. Bake in a moderately hot oven.

Possibly nothing depends more on the purity of ingredients than cake. Select our brands for certainty.

"To make them one must have a spark of genius."

GINGER CAKE.

½ cup Shamrock lard
1 cup of sugar
3 Shamrock eggs
¼ cup syrup
1 tablespoon of ginger
1 cup of buttermilk or sour milk
1 teaspoon of soda
½ teaspoon of salt
½ cup raisins
2½ cups of flour

Method Cream lard and sugar add eggs and beat well. Dissolve soda in buttermilk and add to the mixture. Then add syrup, flour and ginger. Put in a greased tin and bake in a moderate oven.

No better lard is on the market than Shamrock Brand—cooked in steam-heated kettles, carefully filtered and cooled by refrigeration. Always the standard of the kitchen.

ORANGE CAKE.

4 Shamrock eggs
1 cup sugar
½ cup milk
2 teaspoons baking powder
Grated orange peel, and vanilla essence
Sufficient flour to thicken

Method Beat eggs and sugar together until the mixture thickens. Add the milk and sufficient flour to make a stiff batter. Add baking powder orange rind, and essence. Bake in a greased tin, in a moderate oven.

Shamrock Brand Butter is the extra select stock of Alberta. Graded by experts, its standard is above criticism.

"There's small choice in apples."—Taming of the
Shrew.

QUEEN CAKE.

6 tablespoons flour
4 tablespoons Shamrock Brand butter
4 tablespoons Caster sugar
2 tablespoons Sultanas
1 tablespoon candied peel
2 eggs, Shamrock Brand
1 teaspoon baking powder
Few drops flavoring

Method Cream butter and sugar together beat yolks and whites of eggs separately Sift flour and baking powder and add to creamed butter and sugar Add yolks mixed with a little milk Then add fruit and fold in the well beaten whites of egg lastly Grease patty tin well with Shamrock Brand lard, and half fill with mixture Bake in a hot oven 10 to 15 minutes.

In ordinary baking, White Carnation Lard Compound is an excellent substitute for the pure article.

APPLE SAUCE CAKE.

1 cup of hot apple sauce
 $\frac{1}{2}$ cup of Shamrock lard
1 teaspoon of soda
1 cup of currants
1 cup of raisins
1 cup of brown sugar
1 teaspoon of mixed spice
Flour to thicken

Method Beat the apple sauce, lard and soda together until light Then add flour, fruit, etc. Put in a greased tin and bake in a moderate oven

Cooking Butter receives the same careful attention as Shamrock Brand in its grading. "Alberta" and "Bonniebrook" are their own recommendations.

"Wouldst thou both eat thy cake and have it?"—Hecbert

EVAS WHITE CAKE.

2 eggs (Shamrock Brand, use whites only)

$\frac{1}{2}$ cup Bonapolebrook butter

$\frac{1}{2}$ cup sweet milk

1 cup white sugar

1 $\frac{1}{2}$ cups flour 1 tsp. baking powder

$\frac{1}{2}$ teaspoon vanilla

Method Cream butter and sugar. Sift baking powder with flour and add alternately with the milk. Add vanilla and fold in eggs. Bake in moderate oven.

Before reaching the dainties try a dish of Pickled Pigs' Feet occasionally.

EVAS GOLDEN CAKE.

2 eggs, yolks only (Shamrock Brand)

1 cup Bonapolebrook butter

$\frac{1}{2}$ cup sweet milk

1 cup white sugar

2 cups flour and 1 teaspoon baking powder

1 cup currants and spice to taste

Make in patty pans.

For breakfast you may pin your faith to the Dominion Brand on hams and bacon as to Shamrock.

CUP CAKE.

1 cup butter

2 cups sugar

3 cups flour

4 Shamrock Brand selected eggs

1 cup milk

1 $\frac{1}{2}$ teaspoons baking powder

Method Cream the butter and sugar together. Separate the yolks and whites of eggs. Beat the yolks well, and add portions of these alternately with the flour. Add baking powder and milk. Then whip whites of eggs to a stiff froth, and fold lightly into the mixture. Put into a well greased cake tin and bake in a moderately hot oven.

"Such stuff as dreams are made of" Shakespeare.

Eggs should be as carefully treated as butter—keep always in a cool place. With us they are always so kept.

FRENCH CAKE.

- 1 cup sugar
- $\frac{1}{2}$ cup Shamrock butter
- $\frac{1}{4}$ cup milk
- $1\frac{1}{4}$ cups flour
- 2 eggs, Shamrock Brand
- 1 cup currants
- 1 teaspoon cream of tartar
- $\frac{1}{2}$ even teaspoon of soda

Method Cream butter and sugar. Add well beaten yolks. Sift cream of tartar and soda twice with the flour. Add alternately with the milk and beat well. Add whites of eggs well beaten. Bake in a thin sheet and cut in squares.

For summer time order Burns' Luncheon Meat or Jellied Ham. They leave you more time to bake the cake.

DREAM SPONGE CAKE.

- 2 eggs (Shamrock Brand)
- 1 cup sugar
- 1 cup flour (no more)
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup cold water
- $\frac{1}{2}$ tsp salt

Method Beat whites and yolks separately. Add to beaten yolks the sugar, salt, flour and baking powder well sifted together. Beat well, and add the well beaten whites. Last of all add the 4 tablespoons cold water. Cook in a slow oven.

A Shamrock Egg is "The Perfect Egg," but our "Breakfast Eggs" in cartons are good value.

1-2-3-4 CAKE.

1 cup butter
2 cups sugar
3 cups flour
4 eggs (Shamrock Brand)
1 cup milk
3 teaspoons baking powder
Pinch of salt

Method Cream butter and sugar well, add the well beaten yolks and beat again. Sift dry ingredients several times together and add alternately with the milk, beating each time. Fold in whites of eggs but do not beat. Bake in moderate oven. This is a most useful recipe as it can be varied in many ways, as by adding caraway seeds or currants or raisins.

More variety would be on the table if more use were made of the skilled attention of our Store Managers.

SPICE CAKE.

1 cup brown sugar
 $\frac{1}{2}$ cup Shamrock butter
 $\frac{1}{2}$ cup sour milk
 $\frac{1}{4}$ cups flour
1 cup seedless raisins or dates cut fine
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ teaspoon each of nutmeg, cinnamon, cloves and

ginger

Method Rub the butter into the flour. Add the remainder of the dry ingredients and mix rather stiffly with the milk. Bake in a moderate oven.

Pickled Tripe, Pickled Pork and Lamb Tongues are seasonable varieties, and lighten the housewife's task at luncheon time.

"Trifles make perfection—but perfection is no trifle."

CHOCOLATE CAKE.

- ½ cup sugar
- ½ cup milk
- 2 tablespoons cocoa
- Boil and let cool
- 1 cup sugar
- 1 tablespoon butter, heaping
- ½ cup milk
- 2 eggs, (Shamrock Brand)
- 2 cups flour
- 2 teaspoons baking powder

Method Cream butter and sugar well, add eggs well beaten. Be sure to use Shamrock Brand butter and eggs. Sift the flour and baking powder together twice and add milk and flour alternately. Add the cocoa mixture last and beat in well.

You can take no chances in such delicacies as these — buy the best ingredients — under Shamrock Brand.

LEMON JUMBLES.

- 4 oz. sugar
- 4 oz. Shamrock butter
- 8 oz. flour
- 1 egg
- 1 lemon juice and rind
- ½ teaspoon salt

Method Mix as for cookies, roll very thin and put on pie plate or patty pans. Fill with lemon cheese.

LEMON CHEESE.

- 1 cup sugar
- 2 teaspoons Shamrock butter
- 1 egg—yolk only
- 1 lemon juice and rind

Method Cream sugar and butter, add well beaten egg yolk, and lemon. Cook till thick in double boiler

"Bring me berries, or such cooling fruits as the kind,
hospitable woods provide." -Cowper.

Mince Meat is always on sale at our stores. Fruit
at some and fresh vegetables at most.

FRUIT CAKE.

$\frac{1}{2}$ cup Shamrock butter
 $1\frac{1}{2}$ cups white sugar
2 teaspoons cocoa
2 eggs (yolks and whites beaten separately)
3 cups flour sifted with 2 small teaspoons baking
powder and $\frac{1}{2}$ teaspoon salt
1 lb raisins
1 lb dates (chopped)
1 cup milk
 $\frac{1}{2}$ cup shredded coconut

Method Beat the butter and sugar to a cream,
add yolks of eggs and milk, and again beat well.
Then add flour, fruit, cocoa and coconut. Lastly
fold in the whites of eggs, being careful not to beat
mixture after these are added. Place in a flat baking
tin and bake in a moderate oven for about three-
quarters of an hour.

Shamrock Butter stands pre-eminent as a table
butter—Empress Brand always reliable and Round-
brook the peer of the cooking butters.

FRUIT CAKE.

1 cup brown sugar
 $\frac{1}{2}$ cup Shamrock butter
2 Shamrock eggs
 $\frac{1}{2}$ teaspoon each of nutmeg, cinnamon, cloves and
ginger
 $\frac{1}{2}$ cup sour milk
 $1\frac{1}{2}$ cups flour
1 teaspoon soda
1 cup seedless raisins or dates
 $\frac{1}{2}$ cup chopped walnuts

Method Cream butter and sugar, add beaten
eggs. Dissolve soda in milk and add it, then all dry
ingredients. Bake in a moderate oven.

"He that will have a cake out of the wheat must needs
carry the grinding."—Shakespeare.

Shamrock Brand Lard—Carnation Brand Lard
Compound—are the prime necessities for all substantial
cooking.

QUICK METHOD CAKE.

- ½ cup Shamrock butter melted
- 2 unbroken eggs. In same cup
- Milk to fill cup
- ½ teaspoon vanilla
- Beat well
- 1½ cups pastry flour
- ½ cups castor sugar
- 2 teaspoons baking powder
- ½ teaspoon salt

Method Put dry ingredients through sifter twice
and add to first mixture. Bake in moderate oven.

With Shamrock Eggs, Shamrock Butter and your
skill, the cake is a sure success!

DROP CAKES.

- 1 tablespoon Shamrock Brand butter
- ½ cup sugar
- 1 Shamrock Brand egg
- ½ teaspoon salt
- ½ teaspoon vanilla
- ½ cup rolled oats
- ½ cup shredded coconut, or chopped walnut
meats.

Method Cream butter and sugar, add egg and
all dry ingredients. Drop mixture by teaspoonsfuls on
inverted well greased dripping pan, one inch apart
spread into circular shape and bake in moderate oven.

Try varying the breakfast menu with Dominion
Brand Back Bacon—delicious!

P. BURNS & CO., LIMITED - Calgary and Edmonton

"There are more things in heaven and earth, Horatio,
Than are dreamt of in your philosophy." Shakespeare.

Where our recipes quote Shamrock Brand do not vary them. They are tested and sure.

DATE COOKIES.

2 cups of rolled oats, put through chopper
2 cups of flour
3 tablespoons of Shamrock lard
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon of salt
4 tablespoons of milk

Method Mix as for cookies, roll thin and cut,
put together with filling

FILLING.

1 cup of raisins, or dates cut fine
 $\frac{1}{2}$ cup of water
 $\frac{1}{2}$ cup of sugar

Method Boil well, when thick put between
cookies.

Dominion Brand Smoked Shoulders provide all
the flavor of the Smoked Hams. Try them as an
economical substitute.

SAND COOKIES.

1 cupful sugar 1 cupful Shamrock butter
2 eggs (yolks and whites separated), Shamrock
Brand
 $\frac{1}{2}$ teaspoon nutmeg 2 cupfuls flour
1 teaspoon baking powder

Method Cream butter and sugar together. Add
beaten yolks of eggs, the nutmeg and baking powder.
Beat eggs and add alternately with flour. If not stiff
enough to roll, add more flour. Roll into sheets $\frac{1}{8}$ an
inch thick cut and sprinkle with sugar. Bake in a
quick oven eight to ten minutes.

The food stuffs of the people are worthy of the
greatest care. Health and strength wait on them.

P. BURN'S & CO., LIMITED - Calgary and Edmonton

"The optimist sees the doughnut—the pessimist sees the hole."

SHORTBREAD.

- 1 lb. Shamrock butter
- 1 lb. flour 1 lb. sugar

Method Beat butter and sugar to a cream, gradually work in the flour Roll out on a floured board, to the thickness of a quarter of an inch. Cut in fancy shapes. Bake in shallow tin, in a moderately hot oven.

Realizing the need for THE BEST we have established the most modern packing houses and markets in Western Canada.

COOKIES.

- 1 cup Shamrock Brand butter
- 2 Shamrock Brand eggs
- 1 cup sugar
- 2 tablespoons milk, or, better, cream
- Nutmeg or other flavoring
- 2 teaspoons baking powder Scur enough to roll

Method Cut in small fancy shapes and bake in quick oven.

DOUGHNUTS.

- 1 cup sugar 1 cup milk
- 2 eggs, Shamrock Brand
- 2 tablespoons melted butter—be sure to use Shamrock Brand
- 1 teaspoon soda
- 2 teaspoons cream of tartar
- Pinch of salt
- 1 teaspoon nutmeg
- Flour enough to roll

Method Cream butter and sugar, add well beaten eggs, salt and nutmeg. Add flour, soda and cream of tartar sifted twice together, alternately with the milk. Fry in boiling Shamrock lard. If desired roll in powdered sugar.

"Perfection lies in quality—not in quantity."—Van Dyke.

This is what the legend "Government Inspected" means "Eat in safety".

SCONES.

- 1 cup flour
- 1 tablespoon of sugar
- $\frac{1}{2}$ teaspoon of salt
- 1 tablespoon of Shamrock lard
- 1 teaspoon of baking powder
- 2 tablespoons milk
- 1 Shamrock egg

Method Rub the lard into the flour, add all dry ingredients and mix rather stiffly with the egg and milk. Roll out to the thickness of half an inch, and cut into any shape desired. Bake on a greased tin in a quick oven.

You are invited to inspect, criticize and suggest.
Our best friends are our honest critics.

ROMAN MEAL GEMS.

- 2 good tablespoons of Shamrock lard
- 2 Shamrock eggs
- $\frac{1}{2}$ cup of sugar
- 2 cups of buttermilk or sour milk
- 1 good teaspoon of salt
- 1 teaspoon of soda
- 2 cups of Roman meal
- 1 cup of flour

This will make two dozen.

Method Cream lard and sugar together, add eggs and beat well. Dissolve soda in the milk and add this. Then mix in the meal and flour. Bake in gem pans, in a quick oven.

A visit to our mammoth Calgary Packing-houses will interest and astonish you.

P. BURNES & CO. LIMITED • Calgary and Edmonton

"The proof of the pudding is in the eating"

Puddings

Most of our Markets cater for your table in vegetables also, our main Calgary market devotes special attention to fruits and vegetables.

CASTLE PUDDINGS.

3 eggs, Shamrock Brand
Their weight in butter
Sugar and flour
1 teaspoon baking powder
A little milk
Flavouring.

Method Beat butter and sugar to a cream. Add eggs and again beat well, lastly flour and flavouring. Place in small greased cups or moulds and bake in a fairly quick oven (or they may be steamed). Serve hot or cold, with lemon sauce.

One of the best features of dealing at a well-appointed market is the ease with which your needs are supplied—with the best.

LEMON SAUCE.

6 ozs. loaf sugar
1 lemon
 $\frac{1}{2}$ pint water

Method Place sugar and water in pan, and simmer until reduced to about half. Peel part of the lemon very thinly and cut into strips, strain the juice, and add it with the strips of peel to the sauce.

You can buy the prepared mince meat from us in any quantity, if you wish to save yourself trouble in preparation.

P. BURNS & CO., LIMITED - Calgary and Edmonton

MANCHESTER PUDDING.

$\frac{3}{4}$ pint milk
 $\frac{1}{2}$ oz. butter, Shamrock Brand
 $\frac{1}{2}$ oz. bread crumbs
2 eggs, grated lemon rind
 $1\frac{1}{2}$ ozs. castor sugar
Raspberry jam
Short pastry.

Method: Beat the milk and pour over the crumbs. Add butter and sugar. When cool, add one whole egg, and the yoke of another. Line a shallow pie dish with pastry, and prick the latter with a fork. Spread jam over it, and then pour in the mixture. Bake until the pudding is set (about $\frac{1}{2}$ hour). Then whisk the white of an egg stiffly, place roughly over the pudding, and sift fine sugar over. Place in a cool oven, for a minute or two, to set.

You may order most of our specialties through your own grocer. He either keeps them or can easily obtain them.

FIG PUDDING.

$\frac{1}{2}$ lb. figs
 $\frac{1}{2}$ lb. flour
 $\frac{1}{2}$ lb. suet, from the Burns' Markets
 $\frac{1}{2}$ lb. bread crumbs
1 teaspoon baking powder
1 tablespoon sugar
2 tablespoons chopped apples
 $\frac{1}{2}$ nutmeg (grated)

MIX.

Method: Chop suet and apples, add all dry ingredients. Mix stiffly with the milk, turn into a greased basin, cover with greased paper and steam for two hours.

Shamrock Lard, White Carnation Compound, and Suet all receive most careful attention in preparation.

"Johnny, get your gun!"—Old Saw.

Johnny Cake is a delicious accompaniment of a breakfast dish of Shamrock Bacon and Eggs.

JOHNNY CAKE.

- 1 cup buttermilk
- 1 cup sweet milk
- 2 cups cornmeal
- 1 cup flour
- 3 tablespoons melted Shamrock lard
- 3 tablespoons brown sugar or molasses
- 1 teaspoon salt
- 1 teaspoon soda

Method: Add cornmeal and flour to liquids, then melted lard. Beat well, add sugar, salt and soda dissolved in very little boiling water. Beat well again. Bake in moderate oven from 45 minutes to 1 hour. Delicious served for breakfast with Shamrock bacon.

Prime Beef Dripping is another article to which all the care of our large kitchen is given.

BRAN BREAD.

Use above recipe but take 2 cups bran instead of cornmeal and a little more sugar.

OATMEAL COOKIES.

- 1 cup dripping or Bonalabrook butter
- $\frac{3}{4}$ cup milk or water
- 1 cup sugar, heaping
- 4 cups oatmeal
- 1 teaspoon soda, scant
- 1 teaspoon salt

Method: Mix oatmeal, sugar and salt thoroughly. Rub in the butter or dripping. Dissolve soda in a little hot water, put in milk and add gradually to dry ingredients. Use enough flour to roll out. Cut in small cakes and bake in rather hot oven, until dark brown.

"Economy is of itself a great revenue."—Cham.

VEGETABLE PUDDING.

2 cups grated raw potato
½ cup Shamrock butter
1 cup flour
2 cups raisins
1 teaspoon each of cinnamon, cloves and nutmeg
1 cup sugar
1 teaspoon soda dissolved in potato
Put in greased pan and steam 2½ hours.

In some puddings you can use suet to good advantage. We sell it chopped if so desired. See our recipes.

GRAHAM PUDDING.

1 cup milk
1 cup sour cream or milk
1 egg, Shamrock brand
1 teaspoon soda
1 teaspoon salt
½ cup sugar
Graham flour to thicken

If milk is used instead of cream, add 3 tablespoons of melted Shamrock lard.

Bake in gem pans.

ROLL JELLY CAKE.

3 eggs, Shamrock Brand
1 cup sugar 2 tablespoons sweet milk
1 cup flour
2 teaspoons baking powder
1 teaspoon lemon extract.

Method: Add sugar to well beaten yolks and beat. Sift flour and baking powder well together and add alternately with milk, then well beaten whites. Bake in shallow pan in moderate oven. Turn out and cover with damp cloth 5 minutes before rolling.

Think of having the Dominion Government stand behind the foodstuffs sold by P. Burns & Co., Ltd.

P. BURNS & CO., LIMITED • Calgary and Edmonton

Our Packing Houses
ARE
Open for Inspection Daily
AT THE HOURS OF
10 a.m. and 3 p.m.

We have already entertained many parties of visitors, including the Calgary Consumers' League and Domestic Science Classes from the various schools.

The processes of preparation of the various foodstuffs recommended in this booklet are explained by experienced guides.

You are welcome and your interests will be served by continuous patronage of

**Shamrock Brand
Hams, Bacon, Lard,
Butter and Eggs.**

P. BURNS & COMPANY, LIMITED
Calgary, Edmonton, Vancouver